

TODAY'S VERSE

Jeremiah 29:11 For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.



FACES OF HAMILTON COUNTY
People who call our community their own.

What makes Laura Vaughan smile? "The thing that makes me smile the most is seeing young 4-H'ers start to grow up in the program and once they get toward the end of their journey, they really start to blossom," said the 18-year-old Noblesville resident, a 10-year Hamilton County 4-H'er and Junior Leader who was found in July 2021 helping with the 4-H Photography open judging (she was in her third year of Photography) at the Hamilton County 4-H Fair in Noblesville. As a 4-H'er, she was a member of the Lucky Robots 4-H Club and is the daughter of George and Lisa Vaughan. She was a 4-H Fair Queen contestant in the 2021 Queen Pageant, and she was first runner-up in the 2020 4-H Fair Queen Pageant. During the 2021 4-H Fair, she earned multiple scholarships and was one of two county 4-H'ers presented the coveted Tenure Award with scholarship money from Farm Bureau. The Tenure Award each year recognizes a 4-H'er who has accomplished the most in their 10 years. She was also honored with the Department of Indiana American Legion's Girl Scout of the Year. Her greatest achievement? "My biggest achievement is being awarded the Cornelius Vanderbilt scholarship at Vanderbilt University" in Nashville, Tenn., where she is now a freshman. "It's a full-ride scholarship so I get all of my tuition covered. I was so excited to be handpicked from a pool of, I think 45,000 applicants, to represent my school in such an amazing way. Today's feature is a look back at one of The Times' previous Faces of Hamilton County. Laura graduated in 2021 from home schooling. During her 10 years in 4-H, she completed 135 projects. An interesting fact: Vaughan has really long brown hair. "I started growing out my hair. I had these really straight-across bangs until I was 10 years old, then I decided to get layers, grew those out, and I just kept growing (her hair). I cut off about eight inches for prom." Tenn. What else? She was a Conner Prairie youth volunteer since age 10 and graduated from the program in February 2021. Now she is an adult volunteer at Conner Prairie, where registration is now open for Summer Adventure Camp and where Hearthside Suppers are offered through March 13.

And Another Thing...

Bethel Lutheran Church will host a workshop, Binding The Wounds of War, to help clergy, family members and friends, and counselors and caregivers understand the invisible wounds of war. Trained counselors from the Fort Wayne-based Lutheran Military and Families Ministries will facilitate the workshop from 9 a.m.-noon Feb. 3 at the church, 20650 Cumberland Rd. Light refreshments will be served, and a freewill offering will be accepted. For more information, call Bethel Lutheran Church, (317) 773-4315 or email missions@bethellutheranchurch.com

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The Times photo by Betsy Reason

Voting members of Noblesville American Legion Frank E. Huntzinger Post 45, at 1094 Conner St., Noblesville, on Thursday unanimously approved to sell the property (above) to a developer and to purchase property elsewhere.

Legion votes to sell building to developer, move to new location

Noblesville American Legion Post 45 in Noblesville will soon be another downtown building that will become part of the City's past.

Voting members of Frank E. Huntzinger Post No. 45 on Thursday unanimously approved to sell the property at 1094 Conner St., to a developer and to purchase property elsewhere.

The Post 45 Legion members, Sons of the American Legion members and Auxiliary members were invited to the hour-long presentation at the Post, where membership cards were required for admission. About 40 people attended.

"We had a very good exchange of information, and I believe most people were satisfied with my presentation," said Post Commander John Morris. He said they also talked about "the option of staying in our current facility and addressing many issues that have come up due to neglect."

The sale comes as no surprise, as downtown properties are becoming highly sought after for development of parking garages



BETSY REASON
The Times Editor

and apartments.

Details of the sale, including buyer, selling price and plans for the property, weren't yet released, but Morris said there are positive reasons for moving forward.

"There are several benefits for us," Morris said. "We will be able to move to a larger property with more square footage and green space. We will be able to create a much larger financial cushion for future resiliency. We will also have the opportunity to have part of the property for third-party revenue generation

➔ See BETSY Page A6

Noblesville Boys & Girls Club Receives Crosser Family Foundation Grant

The Tom & Soni Sheehan Boys & Girls Club of Noblesville (BGCN) recently received \$27,500 in grants from the Crosser Family Foundation, a fund of Hamilton County Community Foundation, in support of its Teen Center programs and DEI Training in 2022.

The support of the Crosser Family Foundation will assist in providing a suite of programs that help teenagers with academic success, workforce readiness, social/emotional skills, leadership and volunteer programs, community service and inclusion events. Grant funds will also be used for recruitment events to welcome teens back into the facility that experienced closures due to pandemic capacity restrictions.

In addition, a portion of the grant will help fund training for board and staff members to ensure that the Club is creating an atmosphere that promotes

diversity, equity and inclusion. The Club supports kids, families, and communities embracing differences and promoting diversity among professional staff, Board of Directors, members, and volunteers. "BGCN places an emphasis on providing every teenager with meaningful support from positive adult role models in a relaxed, trusted setting," stated BGCN Executive Director, Becky Terry. "Teens need a place where they feel safe to be themselves, they can explore ideas and they are able to hang out with friends. We strive to provide a welcoming, engaging and supportive environment where young people can develop the skills and self-confidence they need to pursue their dreams."

The Crosser Family Foundation is dedicated to improving the lives of our youth and their

➔ See N'VILLE Page A6

I'm activated: Bank on it

I've come to the conclusion that, if December is the season of Hope, then January must be the season of Shame. I base this conclusion primarily because advertisers tell us it is so.

No sooner do the last holiday fruitcakes make the annual transition from Christmas delicacy to New Year's doorstep, advertisers start reminding us of how we overindulge at Christmastime. We are bombarded by advertising campaigns that play to our insecurities.

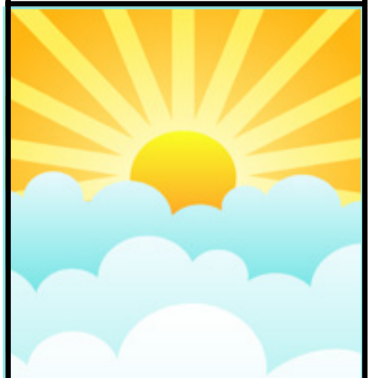
"Hey fatty! You did it again this year! You'd better buy our slimming product, so that when



JOHN MARLOWE
COLUMNIST

➔ See MARLOWE Page A6

The Daily Almanac



Sunrise/Sunset
RISE: 7:56 a.m.
SET: 5:55 p.m.



High/Low Temperatures
High: 22 °F
Low: 2 °F



Wacky Holiday Today
• National Irish Coffee Day
• National Opposite Day



What Happened On This Day
• 1977 The world's first solar power plant is opened
• 1924 The first Winter Olympics begin
• 1919 The League of Nations is founded



Births On This Day
• 1981 Alicia Keys American singer and songwriter, pianist, actress
• 1882 Virginia Woolf English author, critic

Deaths On This Day
• 1947 Al Capone American gangster
• 2005 Philip Johnson American architect, designed the IDS Center, PPG Place

INSIDE TODAY

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OBITUARIES

Mario Alberto Quiñonez
Michael Vaughn Wheeler
Betty Charlene Lindenmayer

HONEST HOOSIER

On this date in 1915, Mr. Alexander Graham Bell sat in New York and spoke to Tom Watson in San Francisco!



TODAY'S HEALTH TIP

If you can't fall asleep within 20 minutes of going to bed, get out of bed, go to another room and do something boring until you get sleepy. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



TODAY'S QUOTE

"Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness, and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again."
Og Mandino

TODAY'S JOKE

Why do snails always lose at racing?
Because they're sluggish!



The Times appreciates all our customers. Today, we'd like to personally thank John Thomas of Noblesville for subscribing!



13 WTHR 7 DAY FORECAST

17/35 A.M. SHOW A.M. SUNSHINE MON	14/23 FLURRIES TUE	2/20 WAX TO BITTER WED	11/34 NOT AS COLD THU	21/28 CHANCE OF SNOW EARLY FRI	11/32 BUNNY SAT	20/39 BREEZY SUN
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OBITUARIES

Mario Alberto Quiñonez

October 29, 1981 - Jan. 19, 2022

Mario Alberto Quiñonez, 40, of Westfield, passed away on Wed., Jan. 19, 2022 at his home.

He was born on Oct. 29, 1981 in Ciudad Juárez, Mex. to Mario and Maria Quiñonez.

Mr. Quiñonez was a loving husband and father. He enjoyed spending time with his family and his dogs and always said the best job in the world would be if he could be paid to be home with his family all the time. He had a lifelong love of cooking and experimenting in the kitchen. He was also a faithful member of the Church of Jesus Christ of Latter-day Saints.

Mr. Quiñonez was a dedicated nurse who loved teaching and mentoring other nurses. He left a lasting impact on the people he cared for and interacted with and while he didn't realize it at the time, he was an inspiration to many. He was very proud of the Daisy Award he received for excellent patient care.

Survivors include his wife, Maggie Quiñonez; daughter, Camila Quiñonez; mother, Maria (Engenio) Carreon; brother, Daniel (Hannah) Valencia; sisters, Angela and Alejandra Arteaga; several nieces and nephews; and many other family members.

He was preceded in death by his father, Mario Quiñonez.

Services are scheduled at 11 a.m. on Mon., Jan. 24, 2022 at Randall & Roberts Funeral Center, 1685 Westfield Rd. in Noblesville, with Bishop Rodney Flood officiating. Visitation is scheduled from 10 a.m. to the time of service at the funeral home. Burial will be at Eagle Creek Cemetery in Westfield.

Me. Quiñonez asked mourners to consider donations for Camila's future education. These memorial contributions can be made to the Venmo account @quinonezfamilly.

Condolences: www.randallroberts.com.

Michael Vaughn Wheeler

May 6, 1943 - Jan. 21, 2022

Michael Vaughn Wheeler passed away on Fri., Jan. 21, 2022 at the age of 78. After months of declining health, Mike passed peacefully at his daughter's home surrounded by love.

Mr. Wheeler was born on May 6, 1943. He grew up in Benton Harbor, Mich. with his parents, Arleigh and Lois Wheeler and brother, Ron.

His first career was with Whirlpool Corporation where he worked in sales for several years. After retiring from Whirlpool, Mr. Wheeler pursued jobs that reflected his love and interest in interacting with others. His final job combined two of his greatest loves of people and golf, working at a golf course in Noblesville, Ind.

It was obvious to anyone that knew Mr. Wheeler that his greatest love and source of pride was his grandchildren. His home was wall-to-wall pictures of his family. He would spend countless hours bragging about his grandchildren.

Survivors include his children, Kristin Webber, Tracy (Chris) Cochran and Mike Wheeler; grandchildren, Mackenze (Mohamed) Zabady, Alex (Grace) Webber, Cody Cochran, Chase (Madison) Cochran, Conner Cochran, Cooper Cochran, Ryan Wheeler and Reese Wheeler; and great-grandchildren, Bode Webber, Sam Zabady and Adam Zabady.

He is preceded in death by his parents, Arleigh and Lois Wheeler, and brother, Ron.

In lieu of a formal service, Mr. Wheeler requested that his ashes be spread at North Pier in St. Joseph, Mich. surrounded by his children, grandchildren, and great-grandchildren.

Condolences: www.randallroberts.com.

Betty Charlene Lindenmayer

Dec. 17, 1925 - Jan. 19, 2022

Betty Charlene Lindenmayer, age 96, of Frankfort, formerly of Sheridan, passed away on Wednesday evening, Jan. 19, 2022, at Clinton House in Frankfort.

Born Dec. 17, 1925, in Sugar Creek Township of Clinton County, Ind., she was the daughter of the late Hersal "Heiny" and Nellie M. (Harris) Buzan.

She and husband Roy were married on November 2, 1942 and would spend the next 72 years by each other's side. Mrs. Lindenmayer graduated from Sugar Creek High School in 1944. Soon after, she traveled to Illinois for a performance on one of the local radio stations. It was in that moment a performer was born. For Betty, playing music was as natural as taking a breath. She would sit and play with her grandfather for hours as a child, developing her musical skills and a genuine love for "old timey" music. Betty could play piano and organ, but she could make a stringed instrument sing.

She earned numerous trophies and awards throughout her life, including winning the Indiana State Fair Old Fashioned Fiddler's Competition. Using the stage name Betty Lin, she quickly started making a name for herself in Bluegrass and square dance circles. In 1971 she began traveling to Renfro Valley, Ky., to play on their weekly radio show, The Renfro Valley Barn Dance. It was during those years that she released her live album, "Country Violin". In 1979 she helped establish the New Coon Creek Girls. Mrs. Lindenmayer eventually left the group she helped found, going on to play with many others acts throughout her career, including The Country Sunshine Band, The Sunny Valley Gang, and Loretta Lynn.

Mrs. Lindenmayer did have other interests outside of music, including collecting Native American jewelry and artifacts. She also loved to entertain, which made her the perfect Tupperware representative - a position that she held for 20 years. Music may have been her passion, but her family was her heart and soul. Her strong faith, along with the love and support of her family, helped her live her dream. She was a people person who loved nothing more than when her friends and family could get together to tell stories, enjoy being in each other's lives, and of course, play some good music.

Survivors include her sons, Gary (Janet) Allen Lindenmayer of Sheridan and Chris Morton (Kathy) Lindenmayer of Frankfort; grandchildren, Roy (Lindsey) Lindenmayer of California and Crystal Lindenmayer of Frankfort; great grandchildren, Austin Cearlock of Peru, Annissa (Andrew) Lynch of New Ross, Kendra Gregory of Ft. Wayne, Christian Lindenmayer of Frankfort, Kyle Lindenmayer of California, Gianna Lindenmayer of California, Lilly Lindenmayer of California and Knox Lindenmayer of California; 2 great-great grandchildren, Camdyn Cearlock of Peru and Freya Lynch of New Ross; brother, Morris (Karen) W. Buzan of Sheridan; and many nieces and nephews.

She was preceded in death by her parents; sister, Lilalee Wright; brothers, Gene W. Buzan and wife Phyllis, and Warren L. Buzan and wife Judith; grandchildren, Ray Lindenmayer and Tami Lindenmayer; and by her husband, Roy M. Lindenmayer on Dec. 24, 2014.

Private family services are scheduled for Wed., Jan. 26, 2022, at Kercheval Funeral Home in Sheridan. Mrs. Lindenmayer will be laid to rest at Crown View Cemetery in Sheridan. Pastor George Cooper will be officiating.



Sweet 16 Set in Indiana Chamber's Coolest Thing Made in Indiana Contest

The Indiana Chamber of Commerce's inaugural Coolest Thing Made in Indiana tournament is down to the Sweet 16. Public fan voting is now underway in those matchups, with companies representing 15 communities from around the state.

The Coolest Thing Made in Indiana contest, which celebrates the state's rich manufacturing history, is sponsored by MCM CPAs & Advisors. Online voting for the competition takes place at www.indianachamber.com/coolestthing. Voting for the Sweet 16 round ends January 30.

In the single-elimination bracket, each winner goes to the next round until the Coolest Thing Made in Indiana champion is crowned. The competition started with 65 companies from nearly 50 locations in 35 counties.

With thousands of votes cast in each round-of-32 matchup, two of the battles were decided by less than 25 votes, notes the Indiana Chamber.

"We encourage the remaining entrants to continue to get the word out to their employees, customers and partners, to local media and on their social media accounts to rally support for their product. A little extra effort may make the difference in moving on to the next round," says Indiana Chamber President and CEO Kevin Brinegar.

The Sweet 16 field is comprised of the following manufacturers, listed with the product entered and their location:

- Anchor Industries - fire shelters (Evansville)
- Birthday Chocolates - birthday chocolate candy (Greens Fork)
- ChefsFridge Co. - ArcticRx, #VaccinEquity in a box (Anderson)
- Coal Iron Works - forging presses (Anderson)
- Glass Gripper - glass gripper (Decatur)
- Hoosier Bat Co. - wood baseball bats used in Major League Baseball (Valparaiso)
- Hudson Aquatic Systems LLC - underwater treadmills for dogs, horses and humans (Angola)

- Janus Motorcycles - production motorcycle (Goshen)
- Lafayette Instrument Co. - LX6 polygraph instrument (Lafayette)
- Old 55 Distillery - bottled-in-bond 100% sweet corn bourbon (Newtown)
- Trek Container Pools - shipping container pools (Anderson)
- Valeo Thermal Commercial Vehicles - UV purifier (Elkhart)
- Wag'n Tails Mobile Conversions - mobile pet grooming salons and veterinary clinics (South Bend)
- Warm Glow Candle Company - candles (Centerville)
- Wheelin' Water - portable hydration sports equipment; used by Kansas City Chiefs (Fort Wayne)
- Wood-Mizer - portable sawmills; various uses include building houses and making baseball bats (Batesville and Indianapolis)

Learn more about each product at www.indianachamber.com/coolestthing.

Anderson has three companies left in the contest - the only city with more than one. Elkhart County and Wayne County both have two remaining contenders.

Voting for the third round concludes on Sunday, January 30 and overall on February 14. The timeline of future voting periods:

Round 4: Week of January 31
Semis: February 7-9
Finals: February 10-14

The champion will be announced February 15 at the Indiana Chamber's Chamber Day Event at the Indiana Roof Ballroom in Indianapolis.

Entry in the tournament is free. To participate, a company did not need to be headquartered in Indiana, but the product entered must be manufactured in the state. Companies are limited to having one product nominated for entry.

Per the Indiana Chamber, the initial matchups were generated via an online randomizer for fairness.

Attorney General Todd Rokita sues Google over deceptive practices in harvesting Hoosiers' location data

Attorney General Todd Rokita filed a lawsuit alleging that Google has misled consumers by falsely representing the extent to which users may control how their location data is accessed, stored, used and monetized by Google.

"Protecting Hoosiers from Big Tech's deceptive and unfair practices continues to be a major focal point of my administration," Attorney General Rokita said. "Consumers tend to believe the promises that companies make to them, and I'm here to hold businesses accountable when they unlawfully betray consumers' trust."

Attorney General Rokita's lawsuit aims to penalize Google for violations of the Indiana Deceptive Consumer Sales Act and to ensure that going forward consumers can both understand and control the ways in which their personal data is obtained and used.

Attorney General Rokita and his team have worked in bipartisan collaboration with the attorneys general of the District of Columbia, Texas and the state of Washington - all of

whom are also filing lawsuits against Google over their handling of location data.

From at least 2014 through the present, Google has falsely indicated that consumers can protect their privacy through settings supposedly enabling them to stop Google from tracking and using their locations. In reality, however, there is effectively no way for consumers to prevent Google from collecting, storing and profiting from their location data.

"Google has prioritized profits over people," Attorney General Rokita said. "It has prioritized financial earnings over following the law. We Hoosiers are the first to salute business success, but we also expect companies to be honest and obey the rules."

Although Google is known for a variety of products and services, most of its revenues come from targeted advertising and advertising analytics. To support this lucrative arm of its business, Google harvests consumers'

personal data in order to pitch them products based on their predicted interests. Google also uses such data to evaluate the effectiveness of its targeted ads in influencing consumers' purchasing decisions.

The company's deceptive practices became widely known following a 2018 story by the Associated Press. After that story, multiple states began investigating Google's location tracking practices.

The states' investigation revealed that Google purports to offer consumers customizable controls enabling them to choose the data Google collects and uses. But Google's ambiguous, contradictory and incomplete statements about these controls have all but guaranteed that consumers would not understand when their location is retained by Google or for what purposes.

Even a limited amount of location data, aggregated over time, can expose a person's identity and routines. Location can be used to infer sensitive personal details, such as political or religious

affiliation, income, health status or participation in support groups - as well as major life events such as marriage, divorce and the birth of children.

With this lawsuit, Attorney General Rokita seeks to ensure that Hoosiers are no longer coerced into trading away their privacy. Further, he seeks to force Google to disgorge all profits and benefits obtained from its unlawful practices. And finally, he seeks to impose civil penalties for Google's violations of the Indiana Deceptive Consumer Sales Act.

In addition to this lawsuit involving data privacy, Attorney General Rokita has also pursued antitrust litigation against Big Tech companies Facebook and Google. Further, he has battled Big Tech's censorship of Hoosier voices with investigations into Amazon, Apple, Facebook, Google, and Twitter - probing how these companies have potentially harmed Indiana consumers through business practices that are abusive, deceptive, and/or unfair.

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Dillinger Elected President of Hamilton County Commissioners

Steve Dillinger has been elected president of the Hamilton County Commissioners. He replaces Mark Heirbrandt in the role. Christine Altman will serve as Vice President. Election of officers is an annual practice at the first meeting of each year.

Dillinger was first elected to the Hamilton County Commissioners back in 1989, making him the longest active re-elected Commissioner in the State of Indiana. He represents District 2 which includes the City of Fishers, City of Noblesville, and both Delaware and Noblesville Townships.

Prior to becoming a County Commissioner, Dillinger served on the Noblesville City Council and Hamilton County Council. As a County Commissioner, he has been instrumental in establishing County-wide zoning, increasing County Parks by more than 1,000 acres, and turning 146th



and 236th Streets into major thoroughfares. Dillinger has also overseen construction of the Hamilton County Judicial & Government Center, the Hamilton County Highway Department, the Hamilton County Jail, and the Hamilton County Health Department. Dillinger also serves as Vice President of the Indianapolis Airport Authority.

Dillinger and his wife Renee have five children, nine grandchildren, and 11 great grandchildren.

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US Department of Labor commits to continuing the fight against human trafficking

As National Human Trafficking Prevention Month concludes, the U.S. Department of Labor's Wage and Hour Division continues to support the updated U.S. National Action Plan to Combat Human Trafficking by committing resources, collaborating with criminal enforcement agencies and providing outreach to combat labor trafficking. In the U.S., trafficked migrant workers are often intimidated and abused by callous, dishonest employers seeking to exploit their labor. In a recent case,

an employer subjected farmworkers in Georgia to unsafe conditions, paid much less than their promised wages and forced workers to reside in dangerously cramped and unsanitary employer-provided housing. Another employer in Florida was found to be part of an alleged multi-state racketeering conspiracy that victimized farmworkers by imposing debts, confiscating passports, isolating workers and forcing them to live in degrading and unsanitary conditions. This employer also threatened

to harm workers' family members if they did not comply with demands. "The Wage and Hour Division is engaged in the fight to prevent and identify human trafficking and is committed to ending the exploitation of workers," said Acting Wage and Hour Division Administrator Jessica Looman. "The Wage and Hour Division works with its partner agencies to combat the crimes employers commit to increase their profits at the expense of the dignity, respect and, in many cases, freedom

of workers. The Wage and Hour Division is determined to end the cycle of fear and intimidation." As part of the national action plan, the division is offering its investigators increased training on human trafficking nationwide. Training will enhance their ability to identify the indicators of human trafficking and make referrals to criminal enforcement agencies. In addition, offices will seek opportunities to engage actively with local human trafficking task forces and partners on the ground

who have longstanding relationships with communities at risk. To raise awareness of the issue, the division's Southeast region will host a virtual roundtable on Jan. 31 with stakeholders combating human trafficking to discuss the prevalence and indicators of labor trafficking in the agriculture industry. The event will take place from 1 to 2 p.m. EST. Participation is free, but advance registration for this virtual roundtable is required. Register to attend the virtual roundtable on

human trafficking. For more information about H-2A, MSPA, FLSA and other laws enforced by the division, contact the agency's toll-free helpline at 866-4US-WAGE (487-9243). Learn more about the Wage and Hour Division, including a search tool to use if you think you may be owed back wages collected by the division. Workers can call the Wage and Hour Division confidentially with questions - regardless of their immigration status - and the department can speak with callers in more than 200 languages.

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Nothing is as fun as eating broccoli and breaking habits



Carrie Classon
Columnist

Want **MORE?**

Carrie Classon's memoir, "Blue Yarn: A Memoir About Loss, Letting Go, & What Happens Next" is available at Amazon, Barnes and Noble, and other fine stores. Learn more at CarrieClasson.com.

"I bought more broccoli because I knew you were coming," my mother informed me.

You can never get enough broccoli, that is my belief.

I am lucky in that I never had to acquire a taste for vegetables out of some sort of concern for my health. I have always loved vegetables. My mother has a picture of me at three years old, sound asleep with a serving spoon in my hand. I

had apparently offered to finish up the remaining peas. I did, then fell fast asleep at the table. I think I could still do that today.

My sister also loves broccoli, so I am inclined to think it was our upbringing that instilled our love of vegetables. She remembers the time when she had dinner at a friend's house as a child and realized the modest-sized bowl of broccoli was intended to feed the

entire table—a bowl she could easily have eaten on her own. My broccoli-eating capacity exceeds my sister's, and this is why my mother (who prefers to buy things in small quantities) bought twice the normal amount of broccoli before my visit. We cooked it all. It was all eaten.

Eating vegetables is not something I have to worry about doing. I saw an advertisement for "vegetables in a pill" and was appalled. I have a hard time believing there is anything in those pills approximating a vegetable but, even if there were, why would anyone want it? Eating vegetables is one of my favorite things in life.

I'm reading a book about habits right now.

I hesitated to buy the book because I thought I had pretty good habits already, and I thought it would be about breaking a bunch of bad habits or training myself to eat broccoli.

But it turns out that habits are even more important than I imagined. A lot of habits don't pay off for a long time, which makes staying motivated to keep them hard. But habits will have more influence on accomplishing goals than actual goal-setting. Most of us have similar goals. Not everyone has habits that make accomplishing the goals possible.

The author suggests that, instead of celebrating big accomplishments, we should celebrate sticking to a good trajec-

tory, staying the course, making and keeping good habits. It doesn't sound quite as exciting as celebrating a big success, but maybe that's OK because the morning after the big success usually means going right back to the boring habits that made the success possible. And that's a good thing. Especially if you like broccoli.

The year is still new, and I'm trying out some new habits. I want to read more. I want to spend less time scrolling the internet. I want to do more pushups. I want to try to learn a little more Spanish, since I'll be traveling to Mexico and I feel I've forgotten every word I ever knew. None of these activities will have any effect

whatsoever if I only do them for a day or two. So I'm trying to get some new habits in my life and push out the things I'd be doing instead.

Progress in Spanish is slow, and pushups make me tired. I usually start too late in the day to get much reading done. But I am going to keep trying.

I like the idea that getting a little stronger or a little smarter or a little more fluent might become easier with time. None of these habits will ever be as fun as eating broccoli, but that's a lot to ask.

Till next time,
Carrie

Carrie Classon's memoir is called "Blue Yarn." Learn more at CarrieClasson.com.

Do you have concerning swelling in your legs? You may have venous stasis

A patient of mine came in last week suffering from swelling and pain in his legs. He was suffering from a problem that is becoming more common – pooling of blood in his legs causing unsightly enlarged veins.

To understand how vein problems develop you need a rudimentary understanding of the anatomy and physiology of the vascular system. Fresh blood that contains oxygen and nutrients is pumped from the heart to the legs via arteries. The blood then moves through very tiny blood vessels called capillaries where the oxygen and nutrients move out of the blood into the surrounding tissues. Waste products and carbon dioxide then move from the tissues into the capillaries and then into veins for the trip back up to the heart and eventually to the lungs, liver and kidneys where the waste products are removed from the body.

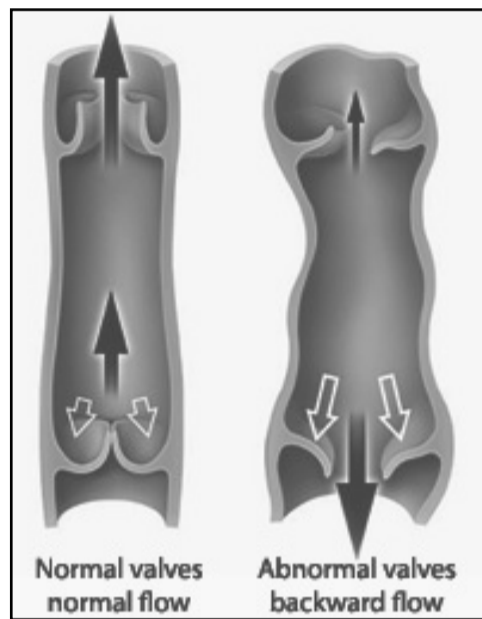
Venous blood has a hard time moving against gravity from the legs to the heart (unless you stand



JOHN R. ROBERTS,

on your head). To get around this problem, the body utilizes two nifty mechanisms. The first is the contractions of the muscles in the legs that push the blood upward like squeezing toothpaste out of a tube. The second is one-way valves that prevent venous blood from moving back down toward the feet.

When you understand how the physiology of venous blood flow works, it makes it easier to understand how things can go awry. Gravity is the major obstacle to overcome. People who stand all day long are battling the force of gravity as it constantly pulls the blood back toward the feet. This is why our feet tend to swell as



the day progresses. Obese individuals are more likely to develop problems since their weight puts additional force on the blood in their veins causing even more downward pressure and swelling.

People who are inactive also tend to have more problems. Since they are not walking around, they don't receive the benefit of muscular contractions to squeeze the blood upward.

Gravity causes our veins to enlarge as we age.

When this occurs, the valves in the veins no longer meet to stop the downward flow and they become leaky (see diagram). This results in more blood pooling in the leg veins causing more dilation and more leaking – a vicious cycle leading to unsightly varicose veins.

Pooling of blood in the legs is called venous stasis. The blood can't move upward to have the waste products removed and the leg tissues, especially the skin, become unhealthy and start to break down. This can lead to rashes and itching called "stasis dermatitis" as well as ulcer formation and infections that can sometimes be very serious.

Treatment of venous stasis can be very difficult depending on how advanced the problem is at the time a patient presents to a medical provider. Sometimes the dilated veins need to be tied off or surgically removed. Some veins can be closed by injecting them with solutions to scar them closed.

Less severe cases of venous stasis can usually be treated with compression stockings and elevating the feet above the level of the heart. The stockings provide a compressive force to counteract gravity. People who have developed rashes and ulcers may need to have medicated dressings. Response to treatment can be slow and may require referral to a specialized wound care center. Serious infections may require antibiotics and surgery. Diuretics (water pills) are not very effective at treating the root cause.

The best way to treat venous stasis is to prevent it in the first place. People who spend a lot of time on their feet or take long trips in planes, trains or automobiles should walk fre-

quently or do calf pumps or toe raises to help pump the blood out of the legs. They should also consider elevating the legs above the level of their chest on their breaks and after work. If they can't walk, they should wear compression stockings during their work shift. Good hydration is very important to keep the blood from becoming too thick that may lead to blood clot formation.

Obese people with venous stasis must work hard on weight loss in addition to the prevention strategies above. I would be remiss if I did not mention that smoking also greatly increases the risk for developing vein deterioration and slows healing. It also greatly increases the risk for tissue breakdown, ulcer formation due to decreased oxygen delivery, and promotes the formation of blood clots.

Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine as well as the Deputy County Health Officer in Montgomery County.



Photos courtesy of "Chevrolet"



Photos courtesy of "Chevrolet"

Chevrolet updates Silverado pickup ahead of all-electric version in 2024

Upon launch a few years ago at the Detroit Auto Show, the current-generation Chevrolet Silverado wore controversial exterior styling and an interior not nearly changed enough. At the same show, Ram rolled out its beautiful pickup with tablet-sized touchscreen. While the Silverado is a very good truck, Chevrolet heard the complaints and updates the truck for 2022 ahead of an all-new all-electric version for 2024.

2022 Silverado Receives Welcome Updates

The biggest angst about the Silverado was its interior. It's easy to use, but the tiny infotainment screen and monotone theme fell flat. For 2022, all trim levels from LT and above receive a wide 13.4-inch color touchscreen that puts a glassy high-tech finish to a dashboard enhanced by authentic open-pore wood trim on High Country editions. Nightshift Blue leather and stainless Bose speaker grilles glorify High Country and LTZ models. GM's Super Cruise hands-off driving system is also available on luxury High Country.

Off-road enthusiasts will want to check out the new Silverado ZR2. Taking specific inspiration from the Trail Blazer, it sports 33-inch off-road tires, reshaped bumper for enhanced approach/departure angles, and full skid plate package to protect its underbits. Special shocks better absorb rough trails and allow improved wheel articulation. Front and rear e-lockers and one-pedal rock crawling are aimed at serious drivers,

but all will appreciate the ZR2's 6.2-liter V8 that delivers 420 horsepower and 460 lb.-ft. of torque.

While impressive, we'll soon forget the ZR2 ever existed.

2024 Silverado EV Debuts at CES

At the recent Consumer Electronics Show in Las Vegas, Chevrolet debuted an all-electric Silverado that will arrive for 2024 to do battle with the Ford F-150 Lightning. It's built on GM's new Ultium Platform that also underpins the Hummer EV, Cadillac Lyriq, and electric version of the Equinox crossover that arrives next year.

The digits are impressive. Chevrolet claims the Silverado EV will have a 400-mile range and the ability to add 100 miles in 10 minutes on a commercial fast charger. Given 510 horsepower and 615 lb.-ft. of torque, performance is impressive as it runs 0-60 mph in 4.5 seconds and can tow 10,000 lbs. Range will be a less if fully loaded.

Styling merges a Chevy Avalanche with the Bolt EV, which means futuristic without being Cybertruck crazy. As with the Avalanche, a "midgate" between the cab and bed folds to fit longer items. GM's Multi-Flex tailgate converts to different configurations, including a convenient workbench. Four-wheel steering improves maneuverability while adaptive air suspension improves ride and off-road performance. A color

widescreen head-up display and Super Cruise hands-off driving add further driver aids.

"We had no constraints when it came to designing the Silverado EV with dramatic style and flexible utility because we didn't need to work around a traditional propulsion system," said Phil Zak, Chevrolet Design. "The Ultium Platform allowed us to redefine what it means to offer expansive new storage and utility possibilities."

If you want to own the first-ever all-electric Silverado, get in line now. And, be prepared to pay. The high-performance RST edition will cost \$105,000, but a Work Truck version will follow for under \$40,000. Other trim levels presumably will fall between when shipments begin during Spring 2023.

Storm Forward!

Contact Casey at AutoCasey@aol.com; follow him on YouTube @AutoCasey.



CASEY WILLIAMS
Auto Reviews

BETSY From Page A1

back to us.”

While Morris didn't flinch with this journalist's three guesses of new location, he did say, "The new site will also allow for us to increase and expand services to Noblesville veterans which is key to our future membership growth."

He said the current offer from a developer doesn't include any land swaps. "It is solely self-financial," Morris said. And he couldn't speak on whether or not the adjacent parking lot that belongs to Church Church Hittle and Antrim attorneys at the northeast corner of 10th and Conner streets would or would not be part of the coming development.

Once the American Legion Post 45 deal is finalized, he said he would be able to provide more specifics. "But like any commercial property transaction, we are still in the letter of intent phase and working up sale agreements."

At the same time, he said, "We do have a letter of intent submitted and accepted for another property (to purchase)."

The current building has 8,000 square feet and sits on about 3/4-of-an-acre, Morris said.

The proposed new property is more than an acre with an 11,000-square-foot building structure on it.

"The conversation with the interested party started a few months ago," Morris said. "The issue of exploring options goes back to June (2021) I believe after a meeting with (Noblesville Mayor) Chris Jensen."

While Jensen is aware of the developers' interest in



John Morris

the property, the City isn't involved in the land deal, Morris said.

"The City is not playing a role in any of this," he said. "We have been keeping them in the loop, however, just to ensure the correct information is being put in front of them. We did present photos, CAD drawings and layouts during the meeting."

Morris, 51, who has been Post Commander for seven months, lived in Noblesville for around six years until recently. "We had a change in our family plans, which oddly resulted in finding a property that fit our unique needs in the Geist area."

A Joliet, Ill., native, Morris, who calls himself a youngster by Legion standards, served in the U.S. Navy from 1987 to 1993. His daughter is a vet, and so is his son-in-law.

"I saw this gap and decided to try and steer into a better direction for the future."

He said, "I see the potential in what we can do for today's vets, but it requires a dramatic shift in our current approach."

Morris' first step for the American Legion Post 45 was to go "nonsmoking."

Then the Legion Post had a veterans women's



The Times photo by Betsy Reason

Voting members of Noblesville American Legion Frank E. Huntzinger Post 45, at 1094 Conner St., Noblesville, on Thursday unanimously approved to sell the property (above) to a developer and to purchase property elsewhere.

event to spotlight their specific challenges.

"I then brought in a partner to offer better lunch and dinner options besides chips and cheese sticks," he said. "I then brought live bands back due to member feedback."

He said, "These are all investments in our future. I truly believe that every small step today chips away at the negative perception of the Legion by our younger vets. Rome wasn't built in a day, and it will take time for this process to bear fruit, as well, but it is a start."

Most recently, I watched Noblesville native country music singer Steve Wariner's younger brother, Terry Wariner, and his band perform at the Legion on New Year's Eve. Morris was there with his wife and stepped over to welcome this journalist.

Even before that night, I had heard the rumor that the Legion was considering selling the property.

He said the conversation started with developers asking about the property. "We were hearing that inquiries were being made through different avenues," Morris said. Also, a Legion member there "is

tight within the developer community."

He said, "Then we made the decision to communicate that we were not on the market, but we would be open to dialogue."

"The Legion has a mission to support and aid our veterans," he said. "In many ways, we are failing in that due to the generational disconnect."

He said, "Today's vets aren't nearly as interested in simply sharing drinks. They are looking for help in accessing benefits, family oriented activities, electronic presence and education. Lacking in this area is a major cause of our national declining membership."

He's hoping a new and larger location will allow the Post to offer more to the Legion's membership.

The Frank E. Huntzinger Post. 45 has a rich history in Noblesville, being the first American Legion post in Hamilton County, established on Sept. 2, 1919.

The post's 100th anniversary was observed Jan. 17, 2019, with a public program, a meal and ice-cream social to follow, and a free concert.

While the Legion was

shift got all work, at 8 a.m., "it would be three deep at the bar," Martin said. "This would have been a raucous place. At one time, they had three slot machines in here. It was probably a different environment than today." It would have also been a "Friday night bar" because everybody got their paycheck on Friday.

Today, Legion members and guests can eat, play bingo and gamble. The Legion moved into the main level at Christmas 1958. The building hasn't changed much over the years. Although there are more recent attractive blue awnings installed.

The women's auxiliary started June 18, 1921, with the chairman of the committee as Mrs. John Ale.

The VFW and American Legion in Noblesville have a joint meeting every two months and join together to put 1,000 flags at the cemeteries. They take care of a set number of needy families, who take them shopping, do a children's giving tree at Christmas. They have built ramps for people.

Martin, who emceed the Veterans Day and Memorial Day ceremonies at the Courthouse Square, has said, "We try to make the world a better place to live and try to make people's lives a little bit better. If we can give a little bit of happiness."

He gets satisfaction from helping others. Martin has said, "It is an incredible sense that we've done what we're supposed to do."

-Contact Betsy Reason at betsy@thetimes24-7.com.

MARLOWE From Page A1

you do it again next year, you won't feel as bad as we are going to make you feel this year."

The reality is that The New England Journal of Medicine conducted a study that showed adults only gain on average thirty-seven kilograms (37 kg), or just under one pound of extra weight during the holidays. That's nothing more than a brisk walk on your lunch hour, or replacing the knish with a scoop of low-fat cottage cheese for a few weeks.

The way advertisers assault us with slick commercials, you'd think the pounds that we added might just throw the earth off its axis. What a fraud!

We should have caught on to this deception by now. But we fall for it every year. Each January magazine publishers jettison the scantily dressed celebrity cover girl in favor of a nice

bowl of fruit salad. Look at those sexy melons!

We are barraged by all the familiar guilt-mongers, plus a few newer ones.

Weight Watchers™ dropped a few pounds of their own, recently. The weight loss company now markets itself as the "WW," shedding twelve letters. Jenny Craig™ has beefed up its delivery methods this year, and Nutrisystems™ markets a diet plan for couples. Let's all feel guilty to-gether!

Noom™ is the newest high volume advertiser. I can't find out what a "Noom" is, but I found reference to a laboratory acronym that means "Number of Overindulging Methods". Makes me wonder.

January is a great month for overweight celebrity spokespeople. Each year, they are trotted out of retirement to pitch everything from meals that come

directly to your door in a box, to \$4,000 electronic bicycles that tilt from side to side when you ride them. I get the same sensation from riding "Sandy," the electronic horse at the grocery store, and it only costs me a dime!

I guess I shouldn't pick on the weight loss industry for making us feel guilty about Christmas-time. January is also the traditional month for carpeting to go on sale. Were we a little embar-rassed by the red wine stain when Aunt Mildred stopped by?

Digital cameras go on sale in January, too. I'm guessing that you disappointed everyone by not capturing the moment that Uncle Fred thought the guacamole was just really bad-looking gravy.

In the end, I think the biggest sneers come from the textile industry. For as long as I can remember,

January has been the traditional month for linens, sheets, and pillows to be discounted. The marketing strategy called the White Sale, dates all the way back to 1878 when Wanamaker's department store in Philadelphia coined the phrase.

I'm not sure why retailers pick January. Maybe they think we are especially hard on sheets in December. That would make sense if mattresses went on sale in January, too, but they don't.

The seasonal sale month for mattresses is August. August, according to the CDC is the month that most babies are born.

Uh-oh. August, July, June, May, April ... Yep. Nine months before August is December.

Shame. Shame.

John O. Marlowe is an award-winning columnist for Sagamore News Media.

N'VILLE From Page A1

families in the communities that we live by providing them with everyday needs and opportunities to help them achieve a bright future while setting them up for success so they will grow to be healthy, responsible, active citizens in their communities. The Crosser Family Foundation was established by Janet R. Crosser and the late Richard H. Crosser in 2001. The foundation wishes to continue, celebrate and inspire philanthropy in our community today and in the future. Over the years, the foundation has given grants totaling over 3 million dollars to community groups, organizations and businesses focused

on providing services to enrich the lives of youth and their families in local communities.

The Boys & Girls Club of Noblesville provides high-quality, low-cost programs for youth members with the help of donors and sponsors. Between the Club, the Community Center and Camp Crosser, we provide opportunities for members to enjoy activities and experiences that help shape character and offer new perspectives. We are dedicated to inspiring and enabling all young people to reach their full potential as productive, caring, responsible citizens by promoting leadership, character, health and physical development.

Thanks for reading The Times!

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TUESDAY

In The Kitchen

Tuesday, Jan. 25, 2022

A6

A HALL OF FAME FEAST FOR HOMEGATING FANS



FAMILY FEATURES

Gathering your team to plan for a truly memorable game day at home starts with almost everyone's favorite part of the festivities: the food. From meaty meals and zesty appetizers to sweet, long-lasting snacks, fuel your crowd with recipes that keep them coming back from kickoff to overtime.

One superstar of the menu at many homegating parties is salsa, whether it's used as a finishing touch in recipes or as a standalone snack to enjoy with chips, veggies or other pairings. In fact,

according to the Game Day Eats Report from Fresh Cravings, 22% of guests would insist on running out to pick up salsa if it wasn't available for the feast; 18% would even be devastated and consider leaving.

Chef Anthony Serrano recommends these all-American recipes he makes for his family on game day. Pulled Beef and Slaw Sliders are perfect for piling high with delicious toppings before hitting the couch just in time for kickoff. Snacking throughout the action is a preferred approach for many fans, making Cast-Iron Smoked Queso

Dip and Hummus Deviled Eggs go-to options for armchair quarterbacks.

These crowd-pleasers make game day worth celebrating, especially if you use a salsa with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices found in Fresh Cravings Salsas. Their flavor-packed, vibrant recipe offers a homemade-tasting alternative to the softer, duller blends of jarred salsa.

To find more championship-level game day recipe inspiration, visit FreshCravings.com.

Pulled Beef and Slaw Sliders

Recipe courtesy of chef Anthony Serrano

Pulled Beef:

- 2 pieces (about 3 pounds each) beef chuck roast
- 2 tablespoons taco seasoning or barbecue rub
- 1 cup beef bone broth
- 16 ounces Fresh Cravings Chunky Mild Salsa

Salsa and Queso Slaw:

- 16 ounces Fresh Cravings Chunky Mild Salsa
- 16 ounces broccoli slaw blend
- 1/4 cup green onions, sliced
- 1 teaspoon salt
- 1 cup crumbled queso fresco
- 1 tablespoon Dijon mustard
- 1/2 cup mayo
- 2 tablespoons apple cider vinegar
- 2 tablespoons cilantro (optional)

- slider buns
- Fresh Cravings Salsa
- barbecue sauce
- pickles

jalapeno sliced cheese roasted peppers onions

To make pulled beef: Season both sides of beef with taco seasoning. Wrap with plastic wrap and place in fridge 2-12 hours before cooking.

Place meat, beef bone broth and salsa in pressure cooker; seal according to pressure cooker directions. Cook on high 60 minutes. Once pressure cooker is safe to open according to instructions, open and let meat rest in liquid 15 minutes.

Remove meat from liquid and place in large bowl. Carefully shred meat. Pour liquid, up to half, over meat while shredding to keep it juicy.

To make salsa and queso slaw: In large bowl, mix salsa, slaw blend, green onions, salt, queso fresco, Dijon mustard, mayo, apple cider vinegar and cilantro, if desired. Cover with plastic wrap and refrigerate until needed.

To assemble sliders, place pulled beef and salsa and queso slaw on buns. Top with salsa, barbecue sauce, pickles, jalapenos, sliced cheese, roasted peppers and onions.



Cast-Iron Smoked Queso Dip

Recipe courtesy of chef Anthony Serrano

- 2 cups cheddar cheese
- 1 cup Monterey Jack cheese
- 1 teaspoon almond flour
- 1 cup heavy cream
- 1 cup Fresh Cravings Restaurant Style Salsa
- 1 teaspoon paprika
- 1 teaspoon sea salt

- 1/4 cup cooked chorizo
- 1 teaspoon liquid smoke
- cilantro, for garnish
- diced bell pepper, for garnish

In cast-iron pan, mix cheddar cheese, Monterey Jack cheese and almond flour. Pour in heavy cream and salsa; bring to gentle simmer. Whisk while simmering 5-7 minutes, or until queso dip begins to thicken. Add paprika, salt, chorizo and liquid smoke; adjust seasoning as necessary. Garnish with cilantro and bell pepper.

Hummus Deviled Eggs

Recipe courtesy of chef Anthony Serrano

- 6 hard-boiled eggs, peeled
- 1/4 cup Fresh Cravings Classic Hummus
- 1/4 cup smoked cheddar cheese
- 2 tablespoons bacon, cooked and crumbled
- 1 teaspoon yellow mustard
- 1 teaspoon salt

smoked Spanish paprika, for garnish parsley, for garnish

Cut hard-boiled eggs in half lengthwise. Remove yolks and place in bowl. Using fork, mash yolks into fine crumble.

Add hummus, cheese, bacon, mustard and salt; mix well.

Evenly disperse teaspoons of yolk mixture into egg whites. Sprinkle with any remaining bacon, paprika and parsley.



TUESDAY

Health and WELLNESS

What to do when both flu and COVID cases are rising

The cold weather appears to have finally arrived and, in addition to COVID, it's time to start thinking about the flu. Most people use the term "flu" in a very generic sense, meaning anything from cold symptoms to having a case of vomiting and diarrhea. The "flu" in this column refers to respiratory influenza.

You are probably aware that last year's influenza season was incredibly mild (thank goodness). We're not exactly certain why that was but many hypothesize it was due to all the social distancing, hand washing, decreased travel and mask wearing. Previous flu seasons have been much worse producing between 12,000 and 79,000 annual deaths between 2010 and 2020. Hospitalizations varied between 140,000 and 960,000 and total cases between 9.3 and 49 million.

Influenza is a completely different type of virus than the coronavirus that causes COVID-19. Influenza

viruses causing the majority of human infections are classified as Type A or Type B. Type B usually does not cause severe disease whereas Type A can be lethal, particularly in the young, elderly, and those who have compromised immune systems (much like COVID).

Type A virus can be further characterized into different subtypes or "serotypes" based on which proteins are found on the surface of the virus. When you read about influenza virus with a name like "H3N2," the "H" and "N" refer to the different proteins on the surface of the virus and the numbers refer to the serotype. The serotypes are also often given common names, usually from their region of origin, such as Influenza A Hong Kong.

Influenza viruses are constantly changing or mutating so that each flu season brings new serotypes. Scientists look at the circulating strains in the southern



JOHN R. ROBERTS, M.D.
Montgomery Medicine

hemisphere each year and make an educated guess on what serotypes might occur the following year in the northern hemisphere and formulate that year's vaccine accordingly.

The predominant serotype of influenza A this year looks to be H3N2. This serotype tends to cause more severe disease and was the dominant strain during the severe flu season of 2014-2015. This year's vaccine is designed to protect us from H3N2, but the circulating strain appears to have resis-

tance to the vaccine. This, combined with our waning immunity from prior influenza infections, could be a recipe for a bad flu season this year.

Despite the apparent poor match this year, vaccination still remains the best defense we have to prevent hospitalizations and deaths. Just like vaccinating for COVID, it's important to attain a high level of vaccination in a community to reduce the spread of the disease to those who are more likely to die from complications of the disease.

Receiving an influenza vaccine can't give you influenza. The vaccine is made up of killed virus particles that can't cause an infection. Some people do have a reaction to the vaccine with some fever and aches, but it is not an infection with the virus. Often people are exposed to cold viruses around the time they receive the vaccine. They come down with cold symptoms, and blame the vaccine for

"giving them the flu." You can receive influenza vaccine at the same time you receive COVID vaccine.

Symptoms of influenza can be similar to COVID and usually include rapid onset, fever (typically 100-103), dry cough, runny nose, chills, headache and body aches. Most people describe it as being hit by a truck. This is in contrast to the common cold that usually has a slow onset, low-grade fever (usually 100 or less), cough, runny nose and mild body aches. Both illnesses usually last around ten days.

Since a virus causes influenza, antibiotics are useless. There are anti-viral medications available to shorten the course of influenza, but they must be started in the first 48 hours of illness to be of any benefit. Many people choose not to take the medication since it is expensive, has some side effects and may only shorten the course by a day or two. The medication can also be

administered to high-risk individuals to help prevent infection if they have a high risk of exposure.

While it's best to contact your health care provider for advice on whether or not to be seen, most healthy people who develop symptoms of influenza usually do not need to see their doctor and should stay home to avoid spreading the infection. People who should see their physician include those with heart or lung conditions and children under the age of two. Those who have diabetes or weak immune systems should also be seen since they are more likely to develop secondary complications of influenza. Shortness of breath and dehydration with severe weakness are also indications to be seen.

Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine as well as the Deputy County Health Officer in Montgomery County.



Photo courtesy of Pixabay

Some additional factors that can drive health outcomes in the short and long term include access to green spaces, educational opportunities, economic stability and living in a safe community.

Why experts say we must broaden our definition of health

(StatePoint) Many Americans view health as a product of the medical care they receive. However, public health experts say that's just one piece of the puzzle.

"In reality, our health is shaped more by the zip code we live in than the doctor we see. In fact, where we live, our financial circumstances, our access to affordable, nutritious foods, and other non-medical factors overwhelmingly influence our physical and mental health," says Dr. Shantanu Agrawal, chief health officer, Anthem, Inc.

These factors that Dr. Agrawal refers to are known as "social drivers of health" (SDoH), and they determine up to 80% of our health outcomes, according to Robert Wood Johnson Foundation research.

As part of "What's Driving Our Health," Anthem's campaign to start a national conversation around whole health, the healthcare company

recently conducted a study to learn more about Americans' perceptions of what health really means. Here are some of the study's top findings:

- While 46% of Americans are unaware of the concept of social drivers of health, once given the definition, 60% agree that their local community is facing at least some health issues related to them.

- Americans of color are disproportionately affected by the consequences of SDoH. While 58% of white respondents report that their local community is facing at least some health issues related to SDoH, 69% of Hispanic and Latino respondents report the same, as do 68% of Asian respondents and 68% of Black/African American respondents.

- Poor nutrition can contribute to a range of chronic health conditions, and 50% of those surveyed say it is hard to find affordable, healthy food in their local community.

- Though 70% of Amer-

icans live near at least one hospital or medical center, one in five say that lack of transportation has kept them from medical appointments. What's more, nearly one-third struggle with access to health services and care.

- Internet access not only determines whether one is able to use important health services such as telemedicine, it deeply impacts educational outcomes and access to economic opportunities, including employment. Yet, only 39% of Americans believe it significantly impacts their health.

- Some additional factors that can drive health outcomes in the short and long term include access to green spaces, educational opportunities, economic stability and living in a safe community.

Where to Start
More than 80% of those surveyed believe that healthcare entities, local government, private citizens and employers share responsibility to address

the many social drivers of health. While these issues are complex and no one entity can fully address all the social drivers alone, here is what you can do today:

1. Connect the dots. Visit [WhatsDrivingOurHealth.com](https://www.whatsdrivingourhealth.com) to read the full report and learn more about whole health and its drivers.

2. Spread the word. Share what you've learned about the ways social drivers affect you and your community and follow the conversation on social media using #DrivingOurHealth.

3. Join the conversation. Understanding is the first step in making positive change. Engage with friends, family, and community members about the many ways to address health-related social needs in your community.

"The sooner we broaden our definition of health, the sooner we can address the many factors that affect people's ability to thrive," says Dr. Agrawal.

Don't be shy about discussing constipation with your doctor

(StatePoint) Constipation is something that most people have likely experienced at one time or another. For some people however, symptoms can occur over the long term.

Symptomatic individuals and patients should learn more about two types of long-term constipation: Chronic Idiopathic Constipation (CIC) and Irritable Bowel Syndrome with Constipation (IBS-C). While CIC and IBS-C share many of the same symptoms, there are important differences between the two.

One in seven U.S. adults have CIC and those with this condition may experience:

- Infrequent bowel movements (BMs)
- Hard-to-pass BMs
- Straining
- Discomfort
- Not feeling empty after a BM

In addition to symptoms of CIC, patients with IBS-C also experience abdominal pain related to changes in bowel movements, and one in 20 U.S. adults are living with this chronic condition.

The causes of CIC and IBS-C are not known. That said, for some, the cause could be linked to changes in the connections between the brain and the gut.

If you're experiencing constipation, you should consider speaking to your doctor who may help address your symptoms.

Your physician can diagnose your condition and offer treatment options that may provide relief. Ask your health care provider

the following questions during your next office visit:

- What are my options if lifestyle changes and over-the-counter medications haven't worked?
- How many bowel movements should I be having each week?
- What consistency should they be?

It's also helpful to go to your appointment prepared to share what symptoms you're experiencing and how long you've been trying to manage them. You might also be asked to identify what type of stool you most frequently experience when you are not taking medication using the Bristol Stool Form Scale. The Bristol Stool Form Scale is a visual representation of the seven types of BMs that you can have.

While it might seem awkward to talk about, telling your doctor which type or types of stool you typically have can help you both create a treatment plan that works for you and your body. The good news is that now more than ever, it is possible for a doctor to evaluate your symptoms and diagnose IBS-C and CIC during a virtual visit, so take advantage of telehealth appointments.

To learn more about the difference between IBS-C and CIC and for additional resources, visit [ConfrontConstipation.com](https://www.ConfrontConstipation.com).

If you are experiencing constipation, you are not alone. Constipation is not only common, it's treatable.

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